

I. **AMENDMENTS TO THE CLAIMS:**

Kindly amend claims 21, 31, 36, 37, 38, 39, 44 and 45 as follows.

The present listing of claims replaces all prior versions and listings of claims in the above-captioned application.

Listing of Claims

Claims 1-20 have been canceled.

21. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance and wherein the stud further comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar;

mounting the bar of the stud in a fistula formed in a wearer's tongue ~~or in the wearer's lip~~;
and

dispensing the substance into the wearer's mouth, wherein the substance is dispensed on or below, or on and below, the wearer's tongue into the wearer's mouth solely by dissolving the substance over time in the wearer's saliva so that the dissolved substance is free to flow from the means for dispensing to on or below, or on and below, the wearer's tongue into the wearer's mouth.

22. (Previously Presented) A method as recited in claim 21, wherein the substance comprises a breath freshener.

23. (Previously Presented) A method as recited in claim 21, wherein the substance comprises a flavoring agent.

24. (Previously Presented) A method as recited in claim 23, wherein the substance includes a breath freshener mixed with the flavoring agent.

25. (Previously Presented) A method as recited in claim 22, wherein a medication is mixed with the breath freshener.

26. (Previously Presented) A method as recited in claim 23, wherein a medication is mixed with the flavoring agent.

27. (Previously Presented) A method as recited in claim 24, wherein a medication is mixed with the breath freshener and the flavoring agent.

28. (Cancelled)

29. (Cancelled)

30. (Cancelled)

31. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the medication and wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar;

mounting the bar of the stud in a fistula formed in a wearer's tongue or in the wearer's lip;
and

dispensing the medication into the wearer's mouth, wherein the substance is dispensed on or
below, or on and below, the wearer's tongue into the wearer's mouth solely by dissolving the
substance over time in the wearer's saliva so that the dissolved substance is free to flow from the
means for dispensing to on or below, or on and below, the wearer's tongue into the wearer's mouth.

32. (Canceled)

33. (Canceled)

34. (Canceled)

35. (Canceled)

36. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance and wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is a straight solid bar that is without an internal cavity and that is made of metal and the first end member removably attaches to the one end of the bar, and wherein the means for dispensing a substance is formed in one or both of the first end member and the second end member;

mounting the bar of the stud in a fistula formed in a part of a wearer's mouth; and
dispensing the substance into the wearer's mouth, wherein the substance is dispensed on or
below, or on and below, the wearer's tongue into the wearer's mouth solely by dissolving the substance over time in the wearer's saliva.

37. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the medication and wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is a straight solid bar that is without an internal cavity and that is made of metal and the first end member removably attaches to the one end of the bar, and wherein the means for dispensing a substance is formed in one or both of the first end member and the second end member;

mounting the bar of the stud in a fistula formed in a part of a wearer's mouth; and
dispensing the medication into the wearer's mouth, wherein the medicationsubstancee is dispensed on or below, or on and below, the wearer's tongue ~~into the wearer's mouth~~ solely by dissolving the medicationsubstancee over time in the wearer's saliva.

38. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance and wherein the stud further comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar, and wherein an insert is disposed in the means for dispensing a substance;

mounting the bar of the stud in a fistula formed in a wearer's tongue ~~or in the wearer's lip so~~ that the first end member and the second end member hold the stud in the fistula; and
dispensing the substance into the wearer's mouth, wherein the substance is dispensed into the

wearer's mouth on or below, or on and below, the wearer's tongue by diffusing the substance from the stud into the wearer's mouth over time in the wearer's saliva.

39. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance and wherein the stud further comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar, and wherein an insert is disposed in the means for dispensing a substance;

mounting the bar of the stud in a fistula formed in a wearer's tongue ~~or in the wearer's lip~~ so that the first end member and the second end member hold the stud in the fistula; and

dispensing the substance into the wearer's mouth, wherein the substance is dispensed into the wearer's mouth on or below, or on and below, the wearer's tongue by diffusing the substance from the stud into the wearer's mouth over time in the wearer's saliva.

40. (Cancelled)

41. (Cancelled)

42. (Previously Presented) A method as recited in claim 44, wherein the substance has a solid form and the solid form is a solid crystallized form.

43. (Previously Presented) A method as recited in claim 45, wherein the substance has a solid form and the solid form is a solid crystallized form.

44. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance and wherein the stud further comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar;

mounting the bar of the stud in a fistula formed in a wearer's tongue ~~or in the wearer's lip so~~ that the first end member and the second end member hold the stud in the fistula; and

dispensing the substance into the wearer's mouth, wherein the substance has a form selected from the group consisting of a solid form and a tablet form and is dispensed on or below, or on and below, the wearer's tongue by dissolving the substance from the stud to flow on or below, or on and below, the wearer's tongue into the wearer's mouth over time in the wearer's saliva.

45. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance and wherein the stud further comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, and the first end member removably attaches to the one end of the bar;

mounting the bar of the stud in a fistula formed in a wearer's tongue ~~or in the wearer's lip so~~ that the first end member and the second end member hold the stud in the fistula; and

dispensing the substance into the wearer's mouth, wherein the substance has a form selected

from the group consisting of a solid form and a tablet form and is dispensed on or below, or on and below, the wearer's tongue by dissolving the substance from the stud to flow on or below, or on and below, the wearer's tongue into the wearer's mouth over time in the wearer's saliva.

46. (Previously Presented) A method as recited in claim 22, wherein the bar is a solid bar that is without an internal cavity, and the means for dispensing a substance is formed in the second end member.

47. (Previously Presented) A method as recited in claim 31, wherein the bar is a solid bar that is without an internal cavity, and the means for dispensing a substance is formed in the second end member.

48. (Previously Presented) A method as recited in claim 38, wherein the substance comprises a liquid.

49. (Previously Presented) A method as recited in claim 39, wherein the substance comprises a liquid.